

SMOKED MACKEREL & BACON SALAD

Serves 3-4

Ingredients

For the salad –

- 200g [Smoked Streaky Bacon](#)
- 2 x 180g [Smoked Mackerel Fillets](#)
- 500g small waxy potatoes
- 1 small sweet red onion
- 3 tbsp [Fino White Balsamic Vinegar](#)
- A pinch of [Halen Môn Sea Salt](#)

For the dressing –

- 2 tsp [Tracklements Smooth Dijon Mustard](#)
- 2 tbsp [Fino White Balsamic Vinegar](#)
- 6 tbsp [Fino Extra Virgin Olive Oil](#)
- 1 heaped tsp [Lilliput Capers](#)
- 4 sprigs of dill
- A few cracks of black pepper



Preheat the grill to a medium high heat and line a baking sheet with greaseproof paper.

Peel and finely slice the onion into rings. Put into a small bowl with the [Fino White Balsamic Vinegar](#) and set aside for 10 minutes or more to take the sting out of the onion.

Boil the potatoes in [salted](#) water for 15 minutes until they are cooked. At the same time, grill the [Smoked Streaky Bacon](#) until crisp.

Take the skin off the [Smoked Mackerel Fillets](#) and flake into a large bowl. In the meantime, make the dressing. Spoon the [Dijon Mustard](#) into another bowl. Add the [Lilliput Capers](#) to the [Dijon Mustard](#) and pour in the [Fino White Balsamic Vinegar](#); add a little pepper and a few glugs of [Fino Extra Virgin Olive Oil](#). Give it a stir.

Chop the dill and add half to the dressing and half to the bowl with the [Smoked Mackerel Fillets](#) and then take the softened onions out of the vinegar and add to the dressing.



Drain the potatoes, slice them in half and tip into the dressing to absorb. Mix and then spoon over the flaked [Smoked Mackerel Fillets](#).

Snip little squares of the crisp [Smoked Streaky Bacon](#) over the salad and toss it together before serving.

Serve while fresh and enjoy!